Miss Meyer. P.E.

ANYONE CAN MAKE *Sweets*

By
A South African Teacher,
who has had wide experience in making Sweets

1/6 Post free

GEO. CONSTABLE LTD.

SILVERTOWN CONFECTIONERY MOULDS

The use of SILVERTON RUBBER FONDANT MOULDS in confectionery is extending in a most satisfactory way, due principally to their economy and cleanliness.

SILVERTOWN MOULDS are extremely resilient and durable. In some instances SILVERTOWN MOULDS have been in constant use for 15 years and are still in good condition.

Prices and particulars of designs stocked are obtainable from the—

INDIA RUBBER, GUTTA PERCHA AND TELEGRAPH WORKS CO., LTD.
(SILVERTOWN COMPANY)
Regd. in England.

Durban : Box 470, 24, Fenton Road.
Cape Town: Box 2327, 21, Waterkant St.
Johannesburg : Box 1591, 80, Rissik St.

Manufacturers of India Rubber Goods of all descriptions

K20

ANYONE CAN MAKE *Sweets*

By
A South African Teacher

who has had wide experience in making Sweets

INTRODUCTION

SWEET-MAKING is very fascinating. I hope all who obtain a copy of this little work will derive as much pleasure from the making of Sweets as I have. My object has been to make this little work as plain as possible and I think I have succeeded. A lady who took a Sweet-making course and paid a high fee found she could do very little in her own home, but when she used my Recipes made a success of all the Sweets she attempted.

Obtainable from Miss A. Clark,
P.O. Box 89, Cleveland,
Johannesburg.

INDEX.

	No.
Almond Toffee	6
Almond Rock	15
American Fruit Candy	16
Acid Drops	23
Almond Creams	55
American Fudge	64
Bulls Eyes	1
Barley Sugar	11
Butter Scotch	12
Boiled Fondant	46
Cocoanut Toffee	3
Caramel Toffee	4
Chocolate Caramels	19
Candied Chestnuts	22
Crystallizing Syrup	28
Cocoanut Snowflakes	30
Cocoanut Ice	35
Chocolate Creams	39
Chocolate Coating	40
Chocolate Almonds	41
Chocolate Nougat	45
Coffee Creams	54
Cherry Creams	58
Cocoanut Jellies	67
Dipping Syrup	27
Dipping Chocolate	40
Date Creams	62
Everton Toffee	8
Edinboro' Rock	10
Fruit Slabs	33
Fruit Pastilles	34
French Nougat	38
Fondant for Coating	63
French Jellies	66
Fudge	72
Honey Scotch	13
Harlequin Almonds	42
Lemon Creams	59
Marsh Mallows	36
Moulded Fondants	47
Marzipan	69
Marzipan Dates	70
Marzipan Potatoes	71
Neapolitan Creams	50
Nut Creams	52
Opera Caramels	20
Orange Creams	60
Peppermint Toffee	2
Pralines	44
Peppermint Creams	56
Peppermint Creams	57
Russian Toffee	17
Raspberry Drops	25
Raspberry Noyeau	37
Rose Creams	51
Raisin Creams	61
Rahat Lukum	68
Sugar for Glazing	21
Starch Moulds	26
Sugar Sticks	73
Sugar Pralines	29
Sugared Almonds	32
Toffee Notes	7
Treacle Toffee	9
Toffee Drops	24
To Colour Sugar	31
Trinidad Almonds	43
Turkish Delight	65
Uncooked Fondant	48
Violet Creams	49
Walnut Toffee	5
Walnut Malasses	14
Walnut Cream Toffee	18
Walnut Creams	53

Anyone Can Make Sweets

UTENSILS REQUIRED.

Tin pans for setting toffee.
Wire fork and ring.
Wooden spoons.
Fine wire sieve or sifter.
Sugar boiler's Thermometer or Saccharometer.
Wax paper.
Paraffin paper.
1 Saucepan with cover.
1 Double saucepan.
1 Rubber mat for fondants.

VEGETABLE COLOURS.

Green, yellow, violet and brown colours can be obtained in powder form and should be mixed with cold water. They are quite harmless.

SUGAR BOILING.

Is divided into several degrees, a list follows.

The Smooth Degree (215°—220°).—

When the sugar has been boiling eight or ten minutes, take the thermometer, shake down the mercury, dip in hot water, and then place very slowly in the boiling sugar, leaving it there until it reaches the above degree.

DEGREES OF HEAT.

1. The Smooth—215—220 degrees.
2. The Thread—230—235 degrees.
3. The Feather—240—245 degrees.
4. The Ball—250—255 degrees.
5. The Crack—310—315 degrees.
6. The Burnt—325—352 degrees.

1.—BULL'S EYES.

1 lb. sugar, ½ gill water, 2 teaspoons lemon juice, 10 drops oil of peppermint

Turn the sugar and water into a saucepan, place it on the side of the fire, and let it dissolve slowly, stir it frequently. When it has dissolved it should not be disturbed by stirring. Boil to the "crack" degree, so that when dropped in cold water it should be very brittle; strain the lemon juice then put into saucepan and boil again until it will snap. Pour the mixture into an oiled shallow tin. Drop on the oil of peppermint.

When it is cool enough to handle take the side of the sugar and fold over to the middle as quickly as possible, and put the sugar on a candy hook, and pull until it becomes semi-opaque. Cut into pieces, and roll into balls before it becomes too brittle.

2.—PEPPERMINT TOFFEE.

1 lb. sugar, 4 oz. butter, ¼ pt. water, 1 eggspoonful cream of tartar, ¼ eggspoon tartaric acid and 1 eggspoon essence of peppermint.

Put all ingredients, except the essence of peppermint into a pan and melt. Boil sharply 15 to 20 minutes without stirring. Test by dropping a little into cold water. If it bites sharp and clean beween the teeth it is done. Add the essence of peppermint, pour into buttered tins and mark into bars when cool.

3.—COCOANUT TOFFEE.

1 lb. sugar, 2 oz. desiccated cocoa-nut, ½ pt. milk, ¼ teaspoon cream of tartar, ¼ tea spoon tartaric acid.

Put the milk and cocoanut into a pan and boil together for a few minutes, stirring it continually, then let it stand closely covered till nearly cold, when you strain and press through a sieve. Put the milk into a clean pan with the sugar, cream of tartar and tartaric acid and boil together. Test by dropping a little into cold water. Pour into a buttered tin and cut when cool.

4.—CARAMEL TOFFEE.

½ pt. condensed milk, 1 lb. brown sugar, 3 oz. butter, ¼ pt. water, ½ teaspoon vanilla essence; a few drops of browning, ½ eggspoon cream of tartar.

Put all together into a saucepan and stir till a little of the mixture sets when dropped into cold water. Pour into a baking tin and cut into squares when cool.

5.—WALNUT TOFFEE.

1 lb. sugar, 4 oz. butter, 4 oz. walnuts, ½ lb. treacle, 1 eggspoon cream of tartar, ¼ eggspoon tartaric acid.

Boil all ingredients except walnuts. As soon as the toffee will set, when a little is dropped into cold water, it is done. Add the walnuts and pour into a greased baking tin.

6.—ALMOND TOFFEE.

Make like walnut toffee. Blanch the almonds and cut in half.

7.—TOFFEE NOTES.

Toffees which bite clean between the teeth should be boiled up to 290 degrees.

Brittles should be boiled up to 300 degrees.

8.—EVERTON TOFFEE.

1 lb. brown sugar, 6 oz. butter, ¼ pt. milk, a few drops of essence of lemon or vanilla, ¼ teaspoonful cream of tartar.

Put the sugar, butter, milk and cream of tartar into a saucepan and allow the sugar to melt very slowly. Then simmer without stirring until a nice golden brown. Test by dropping a little into cold water. Flavour and pour into a buttered baking tin to cool.

9.—TREACLE TOFFEE.

1 lb. brown sugar, 2 oz. butter, 2 tablespoonuls treacle or syrup, ¼ pt. water, 1 eggspoon cream of tartar, ¼ eggspoon tartartic acid.

Put all together into a pan and allow the sugar to melt very slowly, then boil sharply without stirring. Test by dropping a little into cold water. It should bite sharp and clean between the teeth.

10.—EDINBORO' ROCK.

1 lb. sugar, ¼ pt. water, 1 dessertspoon glucose or ¼ eggspoon tartaric acid, pinch of cream of tartar, colouring, flavouring.

Put the sugar and water into a pan and dissolve slowly, add the glucose and cream of tartar and stir for a few minutes. Boil up, skim, boil a minute with pan lid on. Boil up to 265 degrees. Add flavouring and colouring. Pour on to an oiled slab or dish. Turn the edges into the centre till cool enough to handle. Oil the hands and pull over a hook till dull. Pull into bars, cut into lengths and leave exposed to the air for a few days till granulation is completed.

11.—BARLEY SUGAR.

1 lb. sugar, ½ pt. water, a little lemon juice, a few drops essence of lemon, 1 eggspoon cream of tartar, ¼ eggspoon tartaric acid.

Put all ingredients, except lemon juice and essence, into a pan and boil until it is brittle when a little is dropped into cold water. Add a little lemon juice and a few drops of essence of lemon. Have ready a slab or large dish rubbed over with oil, pour the sugar on and as it cools cut into strips with a pair of scissors. Take each strip by the ends and twist opposite ways, when quite cold pack away in tins or jars.

12.—BUTTER SCOTCH.

1 lb. sugar, 4 oz. butter, ¼ pt. water, 1 eggspoon cream of tartar, ½ eggspoon tartaric acid.

Put all ingredients into a pan and melt, boil sharply without stirring. Test by dropping a little into cold water. If it bites sharp and clean between the teeth it is done. Pour into buttered tins and mark into bars when cool.

13.—HONEY SCOTCH.

1 lb. sugar, 2 oz. butter, 3 tablespoons water, 2 tablespoons honey, 1 eggspoon cream of tartar, ¼ eggspoon tartaric acid, a few drops of essence of lemon.

Put all ingredients, except essence of lemon, into a pan and allow to melt slowly. Boil sharply without stirring. Test by dropping a little into cold water, it should bite clean and sharp between the teeth. Add essence and pour into a buttered tin.

14.—WALNUT MOLASSES.

½ lb. brown sugar, ½ gill water, 1 tablespoon syrup, pinch of cream of tartar, ½ oz. chopped walnuts, ½ oz. butter, a few drops vanilla, ½ eggspoon tartaric acid.

Put the sugar, water, syrup, butter, cream of tartar into a pan and dissolve slowly under boiling point. Boil up to 300 degrees, or until a little dropped into cold water breaks crisp. Pour on to an oiled slab or dish and sprinkle with the nuts and acid. Roll into long pipes, cut with a pair of scissors and wrap in wax paper.

15.—ALMOND ROCK.

1 lb. sugar, 2 oz. butter, 4 oz. almonds, ¼ pt. water, 1 eggspoon cream of tartar, ¼ eggspoon tartaric acid, a few drops lemon or vanilla essence.

Put all ingredients, except almonds and essence, into a pan, allow to melt very slowly, then simmer without stirring till a nice golden brown. Test by dropping a little into cold water. It should bite clean between the teeth. Add the almonds which should be blanched and the essence and pour into an oiled or buttered tin.

16.—AMERICAN FRUIT CANDY.

1 lb. sugar, 2 oz. butter, small tin Swiss milk, ¼ pt. water, a few drops of vanilla or essence of lemon, ¼ eggspoon cream of tartar, any kind of dried fruit.

Put the sugar, water, butter and cream of tartar into a pan, and when the sugar is quite melted add the Swiss milk. Boil all together till a little will form a ball when dropped into cold water. Have ready 4 oz. chopped figs, dates or seeded raisins and 2 oz. any kind of nut, stir them into the mixture with the flavouring, pour into a buttered tin and cut when nearly cold. Wrap in grease proof paper.

17.—RUSSIAN TOFFEE.

1 lb. brown sugar, 4 oz. butter, 2 tablespoons water, ¼ pt. milk or cream, 1 teaspoon vanilla essence, carmine, ½ an eggspoon cream of tartar.

Put the sugar, butter, water and cream of tartar into a pan and allow to melt very slowly, bring to the boil. then add the milk. Boil till the mixture begins to leave the sides of the saucepan clean, colour with a few drops of cochineal and add vanilla essence, then when it is quite off the boil pour into oiled or buttered tins. When quite cold cut into squares.

18.—WALNUT CREAM TOFFEE.

½ lb. brown sugar, 1 oz. butter, ¼ pt. milk, 2 oz. walnuts, ½ teaspoon vanilla essence, ½ an eggspoon cream of tartar.

Put the sugar, butter, milk and cream of tartar into a pan and let it cook till on dropping a little into cold water it forms a ball. Stir until it begins to thicken, add essence and walnuts and pour into a buttered tin.

19.—CHOCOLATE CARAMELS.

1 lb. brown sugar, ½ pt. condensed milk, ¼ pt. water, 2 oz. chocolate, 3 oz. butter, ¼ eggspoon cream of tartar, ½ teaspoon vanilla essence.

Mix the condensed milk with the water, add the sugar, chocolate, butter and cream of tartar. Cook all together very slowly, stirring constantly to prevent burning, until on dropping a little into cold water it will form a ball. Add the vanilla essence and pour into a buttered tin. Cut into squares when partially cold.

20.—OPERA CARAMELS.

1¾ lbs. castor sugar, ¼ pt. cream, ½ pt. milk, 1½ tablespoonfuls gluocse, flavouring and colouring.

Put the sugar, milk, cream and glucose into a pan and dissolve carefully. Stir till it boils and boil to 234 degrees. stirring occasionally. In hot weather boil to 236 degrees. Pour into a large basin, rinsed out with cold water. When cooled a little stir till it becomes a paste, but not too stiff to pour. Pour into a nougat frame or tin lined with grease-proof paper. Cover with grease proof paper and place weights on the top. When set turn on to a slab, mark with a caramel cutter and cut into squares.

21.—TO BOIL SUGAR FOR GLAZING SWEETS.

½ lb. sugar, ⅛ pt. water, a few drops of acetic acid.

Put the sugar and water into a pan and thoroughly dissolve the sugar, then boil till on dropping a small quantity into cold water it drops to the bottom with a little tinkle like a piece of glass. This is called boiling sugar to " the crack " (310 degrees). When boiled to 310 degrees plunge the pan into a basin of cold water. The acid should be added at 270 degrees.

22.—CANDIED CHESTNUTS.

Remove the outer skins of the nuts, put into boiling water for a minute, till the second skin rubs off easily, then put them into another pan of boiling water and boil till tender. Squeeze the juice of a lemon into a basin of lukewarm water and put the nuts into this. When cool dry them and dip in sugar boiled to the crack.

23—ACID DROPS.

1 lb. sugar, ¼ pt. water, ¼ teaspoon cream of tartar, a few drops essence of lemon, 1 eggspoon tartaric acid.

Put the sugar, water and cream of tartar into a pan and boil until a little of the syrup hardens at once and bites clean between the teeth when dropped into a little cold water, but do not boil till the syrup colours. Then work in the tartaric acid. Drop in round drops on to an oiled baking tin or slab, or pour into the prepared starch moulds. (See recipe 26).

24.—TOFFEE DROPS.

1 lb. brown sugar, ¼ pt. water, 2 oz. butter, 1 tablespoon vinegar, ¼ eggspoon tartaric acid, a few drops of vanilla or lemon essence.

Put all ingredients, except essence, into a pan and allow the sugar to melt very slowly; then boil all up together without stirring. Test by dropping a little into cold water, if it bites sharp and clean between the teeth it is done. Add essence and drop in round drops on an oiled baking-tin or slab, or pour into starch moulds. (See recipe 26).

25.—RASPBERRY DROPS.

1 lb. sugar, ¼ pt. water, ¼ teaspoon cream of tartar, a few drops of cochineal, ½ teaspoon raspberry essence, 1 eggspoon tartaric acid.

Make like acid drops. All kinds of drops can be made in this way, adding the required flavour to the syrup just before it is ready.

26.—STARCH MOULDS.

These are used for drops of all kinds and are easily prepared. Fill a very shallow box with finely powdered and sifted confectioner's starch, make the surface level and smooth; then press a mould of any shape into this at regular distances with a little space between each. Wooden button moulds answer the purpose.

27.—DIPPING SYRUP.

1 lb. granulated sugar, ¼ pt. water.

Put the sugar and water into a pan and dissolve slowly under boiling point. Boil to 235 degrees. Place the pan in hot water to keep the syrup liquid whilst dipping centres.

28.—CRYSTALLISING SYRUP.

1 lb. granulated sugar, ½ pt. water.

Dissolve the sugar in the water and boil till it registers 34½ on saccharometer. Cover the pan with paper. Leave till cold, then pour over the sweets in crystallising tray. Leave fondants 8 hours in syrup. Drain the syrup off and allow the sweets to dry.

29.—SUGAR PRALINES.

Some large fondants, coloured and flavoured. Dry them for 24 hours, then dip in syrup (receipe No. 27) roll in granulated sugar to match the centre.

30.—COCOANUT SNOWFLAKES.

Grain the remainder of any dipping syrup by stirring till it looks cloudy. Add some desiccated cocoanut. When nearly solid drop in heaps on a slab or a plate. If the mixture gets too solid, warm and add a few drops of water.

31.—TO COLOUR SUGAR.

To colour sugar red place some castor sugar into a basin, add a drop or two of carmine and rub well between the fingers until it is of a uniform colour. Put on to a tin in a warm place till dry, then bottle.

To colour sugar yellow use saffron. Green colouring for green sugar, and violet colouring for violet sugar.

32.—SUGARED ALMONDS.

½ lb. loaf sugar, ¼ pt. water, 4 oz. almonds.

Blanche the almonds and allow them to dry. Put the sugar and water into a pan, when the sugar is dissolved thoroughly and the syrup begins to boil put in the nuts and cook in the syrup till they are a delicate brown, stirring them all the time, then lift off the pan and continue stirring till the syrup turns back to sugar, some of which will stick to the nuts as they dry. After taking the nuts out of the sugar if there is any left add a little water to it and use over again.

All kinds of nuts may be done in this way.

33.—FRUIT SLABS.

These are made of dried fruits.

DATES AND WALNUTS.

Stone 1 lb. of dates, then pass them through a mincing machine twice, with the walnuts well distributed among the dates. A pinch of salt may be added if liked. Roll out to about half-an-inch in thickness, cut into oblong cakes and put between grease proof paper. If preferred they can be cut into small squares.

Dates and Brazil Nuts.
Dates and Almonds.
Figs and Brazil Nuts.
Figs and Almonds.
Figs and Walnuts.
Figs and Cooked Chestnuts.
Prunes and Walnuts.
Prunes and Almonds.
Prunes and Brazil Nuts.
Prunes and Boiled Chestnuts.
Seeded Raisins and Walnuts.
Seeded Raisins and Almonds.
And many others.

34.—FRUIT PASTILLES

½ tin apricots, 6 oz. granulated sugar.

Pour the juice off apricots and rub them through a hair sieve. Weigh ½ lb. of puree into a pan and add the sugar. Place over a gentle heat and stir till the sugar is quite dissolved. Allow to boil and keep stirring till the puree is quite thick and a drop placed on slab sets quite firm. Let the mixture cool a few minutes. then pipe on to wax paper in small rounds the size of a penny. Sprinkle with granulated sugar and leave till cold and set. Wet the slab and lay the paper with the pastilles on it. Leave for a few minutes and the pastilles will easily lift off, then stick two together and roll in granulated sugar.

Any kind of canned fruit can be done in this way.

35.—COCOANUT ICE.

4 lb. sugar, 1 lb. desiccated cocoanut, ½ pt. water, cochineal, 1 teaspoonful glucose or 1 eggspoonful cream of tartar.

Put 1 cup of hot water and half the cream of tartar in a saucepan then add half the sugar, stir with a wooden spoon and put lid on saucepan till sugar is melted and boiling briskly, then put saccharometer into the boiling syrup, when it registers 220 degrees drop a little of the syrup on a plate and spread over plate and work about with a knife, if in a few moments it forms a soft dry consistency, it is done, remove from fire and stir gently for a moment then add half the cocoanut and stir gently until syrup begins to thicken, then pour it into an oiled tin. Proceed in the same way with the other half of the ingredients, but when syrup begins to thicken add a teaspoonful of cochineal, then the cocoanut. You will find the white part is set enough to allow the pink to be poured on top of it. If chocolate ice is required add 2 tablespoonsful of cocoa instead of cochineal.

When cold cut into bars or squares.

NOTE.—If syrup will not work up at 220 degrees keep boiling until it registers 230 degrees, some brands of sugar work up quicker than others.

36.—MARSH MALLOWS.

¾ oz. leaf gelatine, ¼ pt. water, 10 oz. granulated sugar, ¼ pt. water to dissolve the sugar, white 1 egg, 1 dessertspoon glucose or ¼ eggspoon cream of tartar.

Soak gelatine in the usual way then dissolve in a pan over a gentle heat. Put the sugar, water, and glucose into another pan, dissolve in the usual way and boil to 250 degrees. Add the gelatine warmed and beat briskly with a whisk for a few minutes. Add the white of the egg beaten stiffly, and beat all together till white and stiff, turn into a tin and leave for ½ hour. Pass the tin quickly over the flame to loosen mixture. Turn on to sifted icing usgar. Leave 24 hours, then rub over with icing sugar. Cut into small squares, rub in icing sugar and leave on a tray exposed to dry air for a few days. Keep in a tin lined with wax paper.

37.—RASPBERRY NOYEAU.

14 ozs. sugar, 3 oz. glucose, 2 oz. raspberry puree, ¼ pt. water, red colouring, raspberry flavouring, 3 oz. almonds, blanched and dried.

Put the sugar, water, and glucose into a pan and dissolve in the usual way, bring to the boil, skim, put the pan lid on and boil down a minute. Remove the lid and boil up to 244 degrees. Pour into a bowl, allow to cool a little, then work well with a wooden spoon until creamy, add the raspberry puree and almonds, and press into a nougat frame lined with rice paper. Cover with rice paper, place weights on the top and when firm cut into bars.

38.—FRENCH NOUGAT.

4 oz. honey, 4 oz. icing sugar, 2 whites of eggs, 6 oz. almonds, 2 teaspoonfuls glucose, a few pistachios and a few cherries.

Blanch and dry the almonds and pistachios, chop roughly and place on a tin to dry. Sift the icing sugar. Put all the ingredients except the nuts and cherries into a pan and mix well with a wooden spoon. Place the pan over a slow heat and stir for about 40 minutes, by which time it should be white and thick. Drop a thread into cold water, if it breaks off evenly and crisply it is done. Stir in the nuts and cherries. Dust the hands well with icing sugar and roll the nougat into a ball between them. Press firmly into a box or frame lined with rice paper, bottom and sides. Cover with rich paper and place weights on the top. When cold cut into bars and wrap in wax paper.

39.—CHOCOLATE CREAMS.

1 lb. loaf sugar, ⅓ pt. hot water, ⅓ teaspoonful of cream of tartar.

Put into a saucepan and stir on the side with a wooden spoon, until the sugar is thoroughly dissolved, and the syrup boils; do not stir afterwards. Boil gently till just past the "thread" degree (230°). Commence testing with the thermometer after ten minutes boiling, taking care to put in very gently. When ready, remove quickly and carefully from the heat, but be very particular not to shake the syrup let it cool for about ten minutes. Pour out on to a warm flat dish, and work up with a knife until it becomes opaque and creamy. As soon as it is firm enough to handle, roll until it is quite smooth on a board with the hands, using a little icing sugar to prevent sticking. Flavour with vanilla or any essence you prefer, working it in thoroughly with the hands. Divide into small pieces, and roll between the hands into various shapes, keep the hands well dusted with icing sugar. Place on wax paper to dry until next day. Then dip in Coating Chocolate (Recipe No. 40).

40.—CHOCOLATE COATING.

Put 1 lb. block chocolate broken into small pieces and and 1 oz. Cocos Butter in a double saucepan. Put hot water in the outside pan so that the chocolate may be dissolved by the steam. Stir the chocolate with a dry knife until dissolved, being careful not to allow the water in the outer pan to boil. Mind the steam does not get to the chocolate or it will spoil it. When melted add a few drops of vanilla essence. Lift the pan of chocolate into a basin of cold water and stir till set, lifting the pan out of the water occasionally to ensure equal cooling.

Melt again in the same way but without letting the chocolate get at all hot. Dip in any kind of centres and drop on to a brightly polished tin.

41.—CHOCOLATE ALMONDS.

Blanch the almonds and dry thoroughly, then dip into the melted chocolate (Recipe No. 40), and place on a brightly polished tin to set.

42.—HARLEQUIN ALMONDS.

Coat the almonds with melted chocolate (Recipe No. 40), then before it is quite set sprinkle with "hundreds and thousands," and leave till quite hard.

43.—TRINIDAD CHOCOLATES.

Dissolve a little covering chocolate in a small pan, stir in some thread cocoanut and lift on to a brightly polished tin to dry in rough heaps.

44.—PRALINES.

1 oz. almonds, 1¼ oz. sugar.

Blanche toast and pound the almonds to a paste. Caramel and pound the sugar, pound together till firm enough to roll into centres, then coat with chocolate. (Recipe No. 40).

45.—CHOCOLATE NOUGAT.

1¼ oz. almonds, 1¼ oz. castor sugar, 1 small teaspoonful glucose.

Place the sugar in a small pan with the glucose. Stir over a gentle heat till liquid and a light brown colour. Add the almonds, blanched, chopped and browned Turn on to an oiled slab, roll out ½ in. thick, cut into squares. When quite cold dip into covering chocolate (see recipe No. 40) and drop on to a brightly polished tin.

46.—BOILED FONDANT.

1 lb. granulated sugar, ¼ pt. water, 1 teaspoonful glucose, or a pinch of cream of tartar.

Put the sugar and water into a pan and dissolve slowly under boiling point. Add the glucose or cream of tartar and stir for a few minutes. Boil up and skim, then put on the pan lid and boil down for a minute. Boil up to 220 degrees, brushing the edges of the pan constantly with a brush dipped in water to prevent the sugar granulating. If you have not a thermometer, drop a little into cold water ; it should form a soft ball, but not be brittle. Pour into a wetted basin and set aside till the basin feels cool (about ¾ hour). Remove the skin from the surface and turn it into the centre of the basin to melt, then work well with a wooden spoon until it is white and creamy, then knead till smooth. This keeps well for a considerable time if stocked in a closed jar.

47.—MOULDED FONDANTS.

Take some boiled fondant and melt in a small pan, stirring vigorously, and taking care not to boil. Add colouring and flavouring to taste and a few drops of water, if necessary. Pipe into rubber moulds and turn out when cold.

48.—UNCOOKED FONDANT.

1 lb. icing sugar, white of one egg, 1 tablespoonful cold water, flavouring.

Beat the white of the egg a little, add the water, then work in as much icing sugar (which should be put through a sieve or a sifter), as is needed to make a stiff paste, but not sufficient to make it crumbly. Then add whatever flavouring and also colouring you intend to use.

It is then ready to be moulded into different shapes.

49.—VIOLET CREAMS.

Fondant, flavouring, crystallised violets.

Take a little fondant, flavour, roll out or cut into squares or rounds, then place a crystallised violet on the top of each. If liked, colour the fondant with violet colouring.

50.—NEAPOLITAN CREAMS.

Fondant, 3 flavourings, 2 colourings.

Divide some fondant into three parts. Leave one part white and flavour it. Colour and flavour the other two parts differently. Roll each part out thinly, place one on the top of the other, then roll up into a pipe about as thick as the little finger and cut into slices. Or roll each colour into a ball and pat out with the palm of the hand, and then press the three layers one on the other till they form a compact mass. Trim and cut into a square cake, then slice down or cut into cubes.

51.—ROSE CREAMS.

Fondant, carmine, crystallised rose-leaves, rose water.

Make like the violet creams, colour carmine or leave them white and garnish with crystallised rose leaves.

52.—NUT CREAMS.

Fondant, any kind of nuts, flavouring.

Crack the nuts add chop finely, mix them with the fondant, which should be flavoured to taste, roll out and cut into squares or fancy shapes. Set aside to harden. These can be made different colours.

53.—WALNUT CREAMS.

Take a little fondant, roll it in your hands into a ball as large as a marble, then place half a walnut kernel on one or both sides pressing it into a round. Leave till set. The fondant for these can be coloured pink and green and flavoured to taste.

54.—COFFEE CREAMS.

Flavour some fondant with a little coffee essence, roll out on a slab, then cut into squares and if liked dip into melted chocolate. Or flatten out into rounds and press half a shelled walnut on one or both sides.

55.—ALMOND CREAMS.

Fondant, almonds, carmine, sap or applegreen, flavouring.

Colour half the fondant pink and flavour to taste, the other half colour a pale green and flavour. Blanch the almonds. Take a little of the fondant, flatten it out, place an almond in the centre and shape the fondant round it, but do not cover entirely.

56.—PEPPERMINT CREAMS, No. 1.

Flavour some fondant with essence of peppermint, roll out and cut into rounds, or roll on the slab into a long roll as thick as a lead pencil, then cut into ¾ inch lengths.

57.—PEPPERMINT CREAMS, No. 2.

Take some boiled fondant and melt in a small pan, stirring vigorously and taking care not to let it boil. Flavour with peppermint. A few drops of water may be added if necessary. Pipe into peppermint cream rings, set close together, small end downwards, on wax paper. When cold remove rings and the creams should drop out.

58.—CHERRY CREAMS.

Flavour some fondant with maraschino, or any other flavouring, roll out and cut into rounds about the size of a shililng, place half a cherry on the top of each. Set aside to harden.

59.—LEMON CREAMS.

½ lb. icing sugar, yellow colouring, 1 lemon.

Grate the rind of the lemon into a basin, add half the juice and a little yellow colouring. Sift in enough icing sugar to make a stiff paste. Knead it smooth and roll out and cut into rounds or squares.

60.—ORANGE CREAMS.

Proceed as for lemon creams, using orange instead of lemon.

61.— RAISIN CREAMS.

Fondant, muscatel raisins, flavouring, carmine and sap or apple green.

Divide the fondant into three parts, leave one part white and flavour it, colour another part pink and flavour, the other part green and flavour. Pat a little out and place a raisin on the top of each. Put aside to dry.

62.—DATE CREAMS.

Colour some fondant pink and some green. Remove the stone carefully from the date, and in its place insert a small roll of the fondant. Roll in castor sugar or dip into sugar boiled to the crack to glace it.

All Cream sweets can be made with either boiled or unboiled fondant.

63.—FONDANT FOR COATING.

1 lb. granulated sugar, ¼ pt. water, 2 oz. glucose, a few drops acetic acid.

Make in the same way as boiled fondant only continue boiling to 242 degrees and add acid with glucose.

When kneaded smooth put into a pan, add colouring and essence to taste, and work with a wooden spoon till the consistency of thick cream, taking care that the bottom of the pan never gets too hot to be comfortably touched by the hand ; add a few drops of water if necessary.

To dip, remove the pan from the stove and place in a basin of warm water. Dip the centres in one at a time, rounded end downwards. Lift out on fork, tapping it gently on the side of the pan to remove excess of fondant and drop on to wax paper. Lift a strand of the fondant and finish with a curl on top of sweet.

64.—AMERICAN FUDGE.

1 lb. sugar, 2 oz. butter, ½ pt. milk, 1 oz. chocolate, ½ teaspoon vanilla essence, ¼ eggspoon cream of tartar.

Put the sugar, milk, butter and cream of tartar into a pan and stir until it boils, then add the chocolate, which should be grated or broken into small pieces. Allow to boil until when dropped into cold water it sticks like soft caramel. Add the vanilla, remove from the stove and continue stirring until it begins to stiffen, but not so hard that it will not run. Pour into tins and cut into squares before cold. Fudge is intended to be of a soft and sugary consistency.

65.—TURKISH DELIGHT

2 lb. sugar, 2 oz. leaf gelatine, ¾ pt. water. 1 teaspoonful lemon essence for the white, 1 teaspoonful rose water and 1 teaspoonful cochineal for the pink.

Cover the gelatine with water and soak for an hour, then put it in a saucepan with half cup of water and place it on the stove where it will be in a gentle heat, do not let it boil.

Put the sugar and water in another saucepan, stir with a wooden spoon, then put lid on saucepan, in a few moments it will be boiling briskly, stir syrup and when the sugar is quite melted and boiling briskly add the gelatine, stir briskly do not put lid on, if it does not boil up quickly stir, or it may stick to bottom of saucepan and burn, as soon as it boils to top of saucepan it is done, remove from stove. Divide into two parts, put the lemon essence in one and the rose-water and cochineal in the other, pour into pie-dishes or tins and leave until the next day when it will be set. To remove from dish slip a knife round edges and draw out. Cut into blocks and rub them in icing sugar. Pack away in boxes well dusted with icing sugar. Creme-de-Menthe is made in the same way, but add an egg spoon of peppermint essence and green colouring.

66.—FRENCH JELLIES.

French Jellies are made in the same way as Turkish Delight, but if required stiffer add 3 oz. of gelatine to 2 lbs. of sugar. A great variety of colours and essences can be used. When set remove from tin, cut into small squares and roll in granulated sugar. Pack in jars or boxes or they will become hard.

67.—COCOANUT JELLIES.

Same as French Jellies, but rolled in desiccated cocoanut instead of sugar.

68.—RAHAT LUKUM.

3 lbs. sugar, 3 pts. water, whites of 3 eggs, 1 lemon, 6 oz. best wheat starch, flavour with ottar of roses, ¾ pt. cold water.

Make a syrup of the sugar and 3 pints of water, clear it with the whites of the eggs and the strained juice of the lemon. Dissolve the wheat starch in three quarters of a pint of cold water, strain it and add it to the clear syrup when it is boiling ; continue to boil until it is reduced to two-thirds of the original quantity. It should be very thick and stringy. Flavour the paste with ottar of roses ; or what you prefer. Have a large dish ready well oiled. Turn the paste on to it when it is cool, spread it to a thickness of about one inch ; have ready another dish of the same size, well covered with finely powedered sugar. When the paste is quite cold, turn it over on to the sugared dish, and absorb the oil with a sheet of clean blotting paper. Cut into pieces about two inches square, powder well with fine sugar and keep very dry.

69.—MARZIPAN.

½ lb. ground almonds, ½ lb. icing sugar (put through a sieve or a sifter), white of one egg, or 1 tablespoon glucose, flavouring.

Mix the ground almonds and the icing sugar together and work with the fingers into a stiff, smooth paste with the glucose or the white of the egg. Flavour to taste.

70.—MARZIPAN DATES.

Marzipan, dates, carmine or cochineal, sap or apple green.

Take some marzipan, divide into three parts. Leave one part the natural colour. Colour one part pink with the carmine, and the third part colour green. Stone the dates, then insert into each a roll of the marzipan and nearly close up. Roll each either into a little castor sugar or dip into sugar, boiled to the crack to glacé it.

71.—MARZIPAN POTATOES.

Marzipan, 1 tablespoonful cocoa.

Work the marzipan in your hand and make up in the shape of new potatoes, then roll in a little cocoa. Serve in tiny cup papers. To make these look like potatoes that are sprouting, blanch some almonds, and cut into strips and stick here and there in the potatoes after they have been rolled in cocoa.

Other vegetables and also fruits can be moulded with the marzipan, using angelica cut thin for stalks, and for colouring sap green, carmine, etc.

72.—FUDGE.

2 lbs. sugar, 2 tablespoons cocoa, 2 tablespoons cocoanut, 2 cups water, ½ egg spoon cream of tartar, 1 teaspoon vanilla.

Put water and cream of tartar into a pan, add sugar and boil up to 230 degrees, remove from stove, take a little syrup out of pan and mix cocoanut and cocoa with it then add to the syrup and stir till it thickens, add vanilla and turn into an oiled pan. When cold cut into squares.

73.—SUGAR STICKS.

2 lbs. sugar, 1 egg spoon cream of tartar, 1½ cups water, ¼ egg spoon tartaric acid.

Put water into saucepan with cream of tartar and tartaric acid then add sugar, stand saucepan on side of stove and let sugar dissolve slowly, when dissolved boil quickly to 310 degrees. Pour mixture on a slab or tin that has been oiled, drop on oil of peppermint or any flavouring liked.

When it is set enough to handle take the sides of the mixture and fold over to the middle as quickly as possible, now pull and fold back and pull till it becomes semi-opaque. A pair of rubber gloves well oiled should be worn when pulling and some use a cany-hook. When the mixture is semi-opaque roll it into sticks, cut and set to cool. If striped sticks are required have two colours and fold together and twist before cutting, if more white is wanted cut a thin strip of pink and fold in.

MEMO.

MEMO.

THRUPP & CO.

Family Grocers and Provision Merchants

Where Cleanliness is Paramount

ESSENCES, COLOURINGS AND EVERYTHING FOR SWEET-MAKING

P.O. Box 44

Telephones:
3232
3233
3234
3235
3236

Pritchard Street, JOHANNESBURG

"Better be certain than sorry" *says Mrs. Wicks.*

A SHELL PRODUCT

"A husband will forgive a few mistakes, but there will come a limit to his patience. If he's efficient in his job, he'll expect you to be efficient in yours. The way to a man's heart, they say, is through his stomach. It doesn't sound very romantic, I know, but there's a lot of truth in it—so much, indeed, that all girls should learn to cook before they learn to love. They should learn as their first lesson that the secret of good cooking lies in good fuel. And there's no better fuel for an oil stove than Pennant."

PENNANT PARAFFIN

PENNANT

FOR USE IN ALL MAKES OF PARAFFIN STOVES

THE SHELL COMPANY OF SOUTH AFRICA LIMITED
(INCORPORATED IN ENGLAND.)